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## BOOK REVIEWS



IN CHARGE OF  
**M. E. CAMERON**

**ATLAS OF PHYSIOLOGY AND ANATOMY OF THE HUMAN BODY.** By Alfred Mason Amadon, A.M., M.D. Price \$3.50. Little, Brown & Company, Boston.

Prepared for the use of public schools, this book consists of a series of colored plates with parts overlaid to show dissections and accompanied by copious notes. It simplifies the identification of the various parts of the human viscera, the muscles, and the human skeleton in a way that appeals to the beginner in the study of anatomy and physiology, and is valuable for quick reference, as one is able to find quickly and easily any part of the physiology or anatomy of the human body.

**DIETETICS FOR NURSES.** By Julius Friedenwald, M.D., Professor of Gastro-enterology in the College of Physicians and Surgeons, Baltimore; and John Ruhrah, M.D., Professor of Diseases of Children in the College of Physicians and Surgeons, Baltimore. Second Revised Edition, 12mo volume of 393 pages. Price \$1.50 net. W. B. Saunders Company, London and Philadelphia.

This book was reviewed at some length in these pages when it made its first appearance, since when it has become well known and widely used in the nurse training schools of the country. The new edition shows few changes; the chapter on milk has been rewritten, and some new matter added in Chapter III on food adulterations, tests for detecting artificial coloring, and for preservatives of a harmful nature.

**COOKING FOR TWO, A HAND-BOOK FOR YOUNG HOUSEKEEPERS.** By Janet Mackenzie Hill, Author of "Salads, Sandwiches, and Chafing-dish Dainties," "The Up-to-date Waitress," etc. Price \$1.50 net. Little, Brown & Company, Boston.

If Dickens were to return to this world and take up his novel writing once more he would find himself minus several characters from which he was wont to construct "situations" for his books. There is no longer any place in life for young housekeepers like Dora Copper-

field or Bella Wilfer—whose amazing yet charming, ignorance of domestic details made us laugh and cry. "Cooking for Two" smoothes the way for the most ignorant and makes housekeeping, with or without the help of a maid, a mere joke, or, better still, the most wholesome and salutary exercise for a young woman who wishes to keep healthy, happy, and keep her husband in the same excellent condition, and at the same time do so at the least possible cost to the resources at her command. Directions are given for the proper use of fuel, particularly of gas and its vehicle the gas range, including the reading of the gas meter. A list of necessary articles for kitchen and pantry, which includes nothing except indispensable utensils, and ranging from the pots and pans to the fine table linen, silver, and china; the writer being equally emphatic on the need of proper equipment and proper economy; a few hints on the whys and wherefores, and the book proceeds to recipes, menus, and the usual cook-book contents, with the difference that all recipes are gauged for two instead of the usual larger scale.

**HYDROTHERAPY.** By William T. Dieffenbach, M.D., United States Delegate and Vice-President of the first International Congress on Radiology and Ionization at Liège, Belgium; former Professor of Bacteriology, New York Medical College and Hospital for Women; Professor of Hydrotherapy, New York Homœopathic Medical College and Flower Hospital, etc. Rebman Company, 1123 Broadway, New York.

Hydrotherapy, which Dr. Dieffenbach is pleased to call the "step-child of medical practice," and which he shows to have been used from the most remote times, is most interestingly set forth in the present volume. Under this head is included the following list: 1. Baths: (a) half bath; (b) full bath; (c) sitz bath; (d) foot bath; (e) hand bath. 2. Douches: (a) general, and (b) local. 3. Affusions: (a) general, and (b) local. 4. Ablutions: (a) general; (b) section; (c) local. 5. Packs, compresses, fomentos. 6. Ice bags; hot-water bags; coils and tubes. 7. Turkish and Russian baths; steam boxes; dry hot-air apparatus. 8. Imbibition; lavage, irrigation, clysis, enemata (simple and retention).

These various means of the use of hydrotherapy are minutely described in some fifteen or sixteen chapters, and the remainder of the book is devoted to the practical application of these measures in a long list: toxæmias, diseases of nutrition, diseases of special organs, nerves, blood-vessels, etc., ending with the special treatment of mental